

# ADULT YOGA CLASSES



OPEN TO ADULT & SENIORS • ONGOING REGISTRATION

## MONDAYS

9:30 AM - 10:30 AM

JONES HALL, 591 MONTGOMERY STREET

12:30 PM - 1:30 PM

PERSHING FIELD COMMUNITY CENTER  
201 CENTRAL AVENUE

2:00 PM - 3:00 PM

OCEAN TOWERS, 425 OCEAN AVENUE

6:30 PM - 7:30 PM

P. S # 16, 96 SUSSEX STREET

## TUESDAYS

11:00 AM - 12:00 PM

GRACE CHURCH, 2ND & ERIE STREETS

1:00 PM - 2:00 PM

JOSEPH CONNORS SENIOR CENTER  
28 PATTERSON STREET

## WEDNESDAYS

6:30 PM - 7:30 PM

MARY MCLEOD BETHUNE CENTER  
140 MARTIN LUTHER KING DRIVE

## FRIDAYS

9:30 AM - 10:30 PM

GRACE CHURCH, 2ND & ERIE STREETS



**PROPER ATTIRE REQUIRED (EX. EXERCISE CLOTHING AND SNEAKERS)**

**CAROL LESTER, INSTRUCTOR** - CARDIAC YOGA CERTIFIED WITH OVER 3000 TEACHING HOURS

PRESENTED BY: **MAYOR STEVEN M. FULOP**, THE JERSEY CITY MUNICIPAL COUNCIL AND  
THE DEPARTMENT OF RECREATION



For more information, please call 201-547-5003  
or visit [jerseycitynj.gov](http://jerseycitynj.gov).



City of Jersey City Official Government Page  
JC\_GOV



*This activity is not a school-sponsored activity*



**MAYOR STEVEN M. FULOP**  
**THE JERSEY CITY DEPT. OF HEALTH & HUMAN SERVICES**  
**AND THE**  
**DEPARTMENT OF RECREATION**



# ADULT YOGA CLASSES

## **PARTICIPATION FORM**

*Each section and this entire form must be read, completed and signed before the participant is allowed to take part in any recreational programs.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Permission to post pictures: Yes \_\_\_\_\_ No \_\_\_\_\_

Person to Notify in Case of Emergency: \_\_\_\_\_ Phone #: \_\_\_\_\_

*As determined by my physician, I am in good physical condition and I am not aware of any present or previous disease or injury that would result in my being impaired during my participation with the Jersey City Recreation Adult Yoga Program. I empower the staff to exercise reasonable care in the event of an emergency. I hereby agree to abide by the rules and regulations set forth by the Department of Recreation. I also agree to hold harmless the City of Jersey City and the Department of Recreation's employees and class instructors.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_